

A T R U E S T O R Y

I WOULDN'T WISH IT ON MY WORST ENEMY.

I'm a firefighter. And a paramedic. It's tough work that is made a lot easier if I stay in good shape. So I ran three to five miles a day. Every day. I lifted weights. I did everything I thought I should do to stay healthy. **But it all came to a crashing end about a year ago.** That's when I started feeling tired. And I couldn't complete my daily runs.

So I went in for a physical. My doctor performed an exam. And that's when he found it. A tumor in my colon. He said it was the size of a grapefruit. And it had metastasized. My chances of surviving were one in five.

My life this past year has been a nightmare. I've had three surgeries and chemotherapy and radiation. But I'm a fighter. And for now I'm alive.

I'm only 52 years old. My doctor says if **I'd been checked at 50**, just two years earlier, chances are they would have caught this early. **And colon cancer is 95% curable if caught early.** You think I don't think about that every day? But I thought I was healthy. And I didn't like the idea of an intrusive probe.

Well, I was wrong. **Take it from a guy who suffers from that decision every day: get checked.** Don't put it off. It could save your life.



If you are 50 or older, get screened today.

Health Resource Line 1-888-222-2542

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